



..... ONE
MACHINE

ONE
HOT
BODY

No time for
strength training?
With this plan,
you can sculpt
every inch in
20 minutes flat.

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The solution to all your strength-training gripes—it's monotonous, you're too busy, it takes so long to see the effects—can be found at a gym near you. The FreeMotion Cable Cross allows you to perform hundreds of exercises in one spot. Plus, because there's no seat to support you and the cables wobble, this machine makes your muscles work extra hard to stabilize your body—and that helps you tone up even faster. In one study, people who performed exercises on a cable machine increased their strength 58 percent more than those who did the same moves on fixed devices (like the leg press). *Double* the sculpting in less time? The complaint department is now closed.

CABLE GUIDE

Load the weight, adjust the levers, and get ready to get firm! Here's how.

DOWNSHIFT To change a lever's height, hold it with one hand, then use your other hand to pull out the knob. Move the lever to the desired position; release the knob.

STEP RIGHT UP
To adjust a lever horizontally, press the foot pedal, use your hands to position the lever, and then release—you'll hear a click when it slips into place.

PICTURE THIS

For more moves, check out the photos on the front of the FreeMotion Cable Cross.

GET ARMED The machine has two levers that can be adjusted vertically and horizontally.

PILE IT ON There's a weight stack (or "stack") for each lever. To load the resistance, pull out the metal pin and push it in next to the amount of weight you want to use.

THE PLAN

This workout, designed by Viveca Williams, a trainer at the Sports Center at Chelsea Piers in New York City, strengthens your entire body in just six moves.

HOW IT WORKS Three times a week on nonconsecutive days, do 2 sets of 10 to 12 reps of each exercise in order. Choose a weight that's heavy enough to make the final two reps of a set difficult to complete.

YOU'LL NEED A FreeMotion Cable Cross.

1 SINGLE-LEG SQUAT PULL

WORKS LEGS, BUTT, AND CORE

Position the levers at chest height, shoulder-width apart, and load 10 to 20 pounds on each stack. Hold a handle in each hand in front of you, arms extended and palms facing floor (cables taut). Lift left leg in front of you and squat [A]. Rise up as you pull the handles straight down to your sides [B]. Switch legs halfway through set.



2 SIDE-LUNGE TWIST

WORKS LEGS, BUTT, AND CORE

Position one lever about a foot above your head and load 10 to 20 pounds on the stack. Stand with right side facing the lever and grasp the handle with both hands overhead at a diagonal to the right (cable should be taut) [A]. Lunge to the left with left foot as you pull the handle toward left knee [B]. Step back to starting position. Switch sides to complete set.

3 PULL-ROW ROTATION

WORKS BACK, CHEST, BICEPS, AND ABS

Position the left lever at shoulder height and the right at shin height and load 10 to 20 pounds on each stack. Stand with your left side facing the machine and hold a handle in each hand, left arm extended in front of hips and right arm extended at chest height behind you, palms facing right; rotate torso to the right [A]. Twist torso to the left as you bend left elbow, drawing left hand toward side, and pull right arm forward [B]. Return to starting position. Switch sides (face the opposite direction) to complete set.



4 LOW-HIGH FLY

WORKS CHEST AND SHOULDERS

Position levers at ankle height and load 5 to 15 pounds on each stack. Stand facing away from the machine and hold a handle in each hand at sides, palms facing forward and elbows slightly bent [A]. Raise arms in front of you and overhead [B], then lower to starting position.



5 PLANK KICKBACK

WORKS TRICEPS, CORE, AND LEGS

Position one lever at ankle height and load 5 to 10 pounds on the stack. Get in plank position facing the lever and hold the handle with right hand, palm facing left. Bend right elbow and draw it toward your side [A]. Extend arm back as you rotate palm up [B]. Bend elbow to return to starting position. Switch sides to complete set.



6 BRIDGE CURL

WORKS LEGS, BICEPS, BUTT, AND CORE

Position levers at ankle height, hip-width apart, and load 5 to 15 pounds on each stack. Hold a handle in each hand and lie faceup facing levers with knees bent and arms at sides. Curl handles toward shoulders as you lift hips [shown]; lower arms and hips to starting position.

